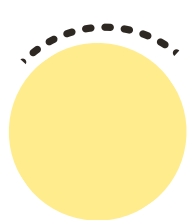
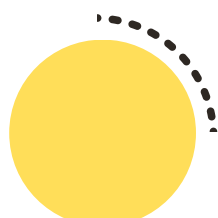


Sun Safe

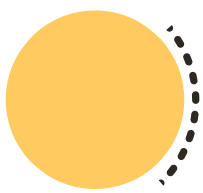
Rays of Wellness: The Health Benefits of Sunlight



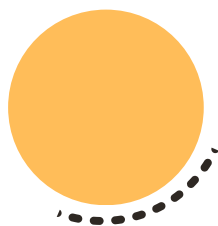
Boost mood:
Five to ten minutes of vitamin D from sunlight can help boost mood and reduce symptoms of depression, especially during the winter months.



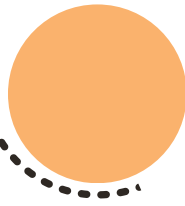
Improves immune function:
Sunlight exposure has been shown to trigger the production of vitamin D to help regulate the production and activity of immune cells.



Improves sleep:
Exposure to sunlight during the day can help regulate your body's circadian rhythm, leading to improved sleep at night.



Lowers blood pressure:
Time in the sun can help lower blood pressure by stimulating the production of nitric oxide, which helps to relax blood vessels.



Reduces risk of certain diseases:
Research suggest that getting enough vitamin D from the sun may lower the risk of conditions such as multiple sclerosis and certain types of cancer.

Did You Know?

Nurse practitioners (NPs) are advanced practice registered nurses who are trained to diagnose and treat a range of conditions, including those related to sun exposure.

Education

- Risk associated with sun exposure
- How to conduct skin exams
- Address common misconceptions about sun protection



Sunscreen Tips

- Minimum SPF of 40
- Broad-spectrum protection from UVA & UVB
- Apply before sun exposure

Counseling

- Discuss the impact of sun exposure on different skin types and ages
- How to tailor sun protection to individual needs



Don't Get Burned

One third of adults in the U.S experienced one sunburn in the past 12 months.



Referrals

- Assess patient's sun-related issue to determine if referral is necessary
- Identify a specialist or healthcare provider for sun-related issues



Skin Deep

Melanoma doesn't discriminate. Affecting anyone, regardless of age, gender, or skin tone.



If you have any sun-related issues or concerns please click [here](#) for an appointment with one of our nurse practitioners.

A Focused Look

Protect Your Skin and the Planet: The Lowdown on Safe Sunscreens

Many commercial sunscreens contain chemicals that can be harmful to our health and the environment. Take a look below to learn how you can choose skin and planet safe sunscreens.

Chemicals to Avoid in Sunscreens:

- Homosalate:**
- can disrupt hormones and can accumulate in our bodies
- Octinoxate:**
- can disrupt our hormones
 - potentially linked to reproductive problems in animals
- Octocrylene:**
- potentially harmful allergen to the coral reefs and marine life
- Oxybenzone:**
- can disrupt our hormones and endocrine system
- Retinyl palmitate:**
- can be dangerous when exposed to the sun's UV rays



Safe Sunscreens:

- Mineral-based sunscreens:**
- zinc oxide
 - titanium dioxide
- Organic Sunscreens:**
- made from natural ingredients
- Non-nano sunscreens:**
- formulated with larger particles
 - cannot penetrate the skin

The Critical Connection

- read the labels on sunscreen products
- avoid sunscreens containing harmful chemicals

By choosing a safe sunscreen, we can protect our skin while also keeping ourselves and the environment healthy.

Rehab Corner



Twist and Release: Unleash the Power of Your Spine!

We'll guide you through a thrilling thoracic spine rotation stretch that will leave you feeling refreshed, revitalized, and ready to conquer the world.

Click [here](#) and enjoy!



Using proper body mechanics is one of the best ways to improve your long-term health.

Click [here](#) for tips on safely completing daily household activities.